

SCHOOL FOOD SERVICE INVENTORY - LEVEL 1

NAME: _____
Print

BOOKLET NUMBER _____

SCHOOL _____

DATE _____

COUNTY/DISTRICT _____

SFS Regulations & Requirements	Sanitation	Safety/First Aid	Food Preparation and Merchandising	Equipment Use and Care	Efficient Use of Resources	Nutrition Education
1. A B	16. A B	31. A B C D	46. A B C	61. A B C D	76. A B	91. A B
2. A B	17. A B	32. A B C D	47. A B C	62. A B C D	77. A B C D	92. A B
3. A B	18. A B	33. A B C D	48. A B C	63. A B	78. A B	93. A B
4. A B	19. A B	34. A B C D	49. A B C	64. A B	79. A B C D	94. A B
5. A B	20. A B	35. A B C D	50. A B C	65. A B	80. A B C D	95. A B
6. A B	21. A B	36. A B C D	51. A B C	66. A B C D	81. A B C D	96. A B
7. A B	22. A B	37. A B C D	52. A B	67. A B	82. A B C D	97. A B
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9. A B	24. A B	39. A B C D	54. A B C	69. A B C D	84. A B C D	99. A B
10. A B	25. A B	40. A B C D	55. A B	70. A B C D	85. A B C D	100. A B
11. A B C D	26. A B	41. A B C D	56. A B	71. A B	86. A B C D	101. A B
12. A B C D	27. A B	42. A B C D	57. A B	72. A B	87. A B	102. A B
13. A B C D	28. A B	43. A B C D	58. A B C	73. A B	88. A B	103. A B
14. A B C D	29. A B	44. A B C D	59. A B	74. A B C D	89. A B C D	104. A B
15. A B C D	30. A B	45. A B C D	60. A B	75. A B	90. A B	105. A B

SCHOOL FOOD SERVICE CERTIFIED EMPLOYEE ASSESSMENT

Mark with an (X) on the answer sheet the LETTER of the answer which best completes/answers the following statement. DO NOT WRITE ON THIS SHEET.

A. School Food Service Regulations and Requirements

1. The goal of the Child Nutrition Programs is to safeguard the health and well being of the nation's children.
(A) True
(B) False
2. The meal pattern requirements serve as minimum standards.
(A) True
(B) False
3. High schools participating in the National School Lunch Program do NOT have to implement offer versus serve.
(A) True
(B) False
4. Under offer versus serve, milk is required to be taken.
(A) True
(B) False
5. Offering a choice of meat items at lunch is mandatory under offer versus serve.
(A) True
(B) False
6. Accountability is important with such resources as donated foods and reimbursement.
(A) True
(B) False
7. Children receiving free or reduced price meals cannot be discriminated against in any way.
(A) True
(B) False
8. A small amount of reimbursement is received for each adult meal.
(A) True
(B) False
9. Children who are eligible for free or reduced priced lunches are also eligible for free or reduced price breakfasts.
(A) True
(B) False

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10. The National School Lunch Program was started with the dual purpose of increasing food imports and providing good nutrition for World War II soldiers.
- (A) True
 - (B) False
11. The National School Lunch Act was passed by
- (A) The State Department of Education
 - (B) Local Boards of Education
 - (C) Congress
 - (D) The President of the United States
12. The school lunch meal pattern is designed to provide what portion of a child's dietary requirement over a period of time?
- (A) $\frac{1}{2}$
 - (B) $\frac{1}{4}$
 - (C) $\frac{3}{4}$
 - (D) $\frac{1}{3}$
13. A reimbursable school breakfast must have the following number of components:
- (A) 3
 - (B) 2
 - (C) 4
 - (D) 5
14. Schools receive aid from the federal government in the form of:
- (A) Donated commodities
 - (B) Reimbursement Money
 - (C) Nutrition Information
 - (D) All of the above
15. Which of the following is not a program reimbursed by the federal government to improve the health and well being of children?
- (A) School Breakfast Program
 - (B) National Nutrition Program for the Elderly
 - (C) Donated Food Program
 - (D) Summer Feeding Program

WHEN TEST IS COMPLETED, PLEASE TURN IN ANSWER SHEET AND TEST BOOKLET TO TEST ADMINISTRATOR.

THANK YOU.

SCHOOL FOOD SERVICE CERTIFIED EMPLOYEE ASSESSMENT

Mark with an (X) on the answer sheet the LETTER of the answer which best completes/answers the following statement. DO NOT WRITE ON THIS SHEET.

B. Sanitation

16. Food-borne illnesses are caused by foods that contain bacteria harmful to the body.

- (A) True
- (B) False

17. Sanitation is not every school food service employee's responsibility.

- (A) True
- (B) False

18. In order to control bacteria keep hot foods hot and cold foods cold.

- (A) True
- (B) False

19. Dry storage should be inspected regularly for structural damage, infestation and damaged foods.

- (A) True
- (B) False

20. Bacteria do not grow in temperatures of 35°F to 141°F.

- (A) True
- (B) False

21. Coughing or sneezing spreads bacteria through the air.

- (A) True
- (B) False

22. Not washing hands properly and handling food can cause contamination.

- (A) True
- (B) False

23. If you suspect food contamination, immediately contact the person in your school district responsible for handling such emergencies or the local health department.

- (A) True
- (B) False

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24. Dry food storage temperature should be above 70°F.

- (A) True
- (B) False

25. Accidentally spilling a sanitizing solution in food is a chemical contaminant.

- (A) True
- (B) False

26. Temperature of refrigerated storage should be 35°F or lower.

- (A) True
- (B) False

27. Temperature for serving hot food should be at least 141°F.

- (A) True
- (B) False

28. In a food-safe facility, exhaust fans and hoods are kept clean and in good operating order.

- (A) True
- (B) False

29. Potentially Hazardous foods and leftovers should be cooked to an internal temperature of 165°F.

- (A) True
- (B) False

30. Hands do not need to be washed after eating or smoking.

- (A) True
- (B) False

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Mark with an (X) on the answer sheet the LETTER of the answer which best completes/answers the following statement. DO NOT WRITE ON THIS SHEET.

C. Safety and First Aid

31. In the list below, which injury(s) is (are) generally associated with school food service.
- (C) A strained back
 - (D) A cut hand
 - (E) A burned arm
 - (F) All of the above
32. A strained back could be caused by
- (A) Lifting a 50# bag of flour
 - (B) Taking the lid off a pot of boiling water without a hot pad
 - (C) Chopping a hard-cooked egg in your hand
 - (D) Opening an oven too quickly
33. Fires in the kitchen are dangerous only to food service employees
- (A) True
 - (B) False
34. In the list below, which tip(s) would prevent a fall?
- (A) Pick up the lettuce you dropped immediately
 - (B) After receiving a shipment of food, make sure that all walkways are clear
 - (C) When reaching for a can of sweet potatoes on the top shelf in the storeroom, use a safe and stable stepladder.
 - (D) All of the above
35. It is important to know and practice safety precautions in food service to prevent injury to yourself as well as others.
- (A) True
 - (B) False
36. Most school cafeteria fire extinguishers are marked for which types of fires?
- (A) Class A fires
 - (B) Class B fires
 - (C) Class C fires
 - (D) Class A, B, and/or C fires
37. Which of the following statements is true?
- (A) Do not use an apron or towel as a hot pad because they are not heat resistant
 - (B) Get help when lifting or moving heavy or large hot containers
 - (C) Keep pan handles turned away from aisles so they are not easily bumped
 - (D) All of the above

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38. Proper lifting techniques cause your body to use its leg muscles and not its back muscles.
(A) True
(B) False
39. The most common cause(s) of food service accidents is (are)
(A) Over-exertion
(B) Day-dreaming
(C) Cutting corners
(D) All of the above
40. Food service employees come in contact with chemicals daily
(A) True
(B) False
41. Many fires can be prevented by taking precautions. Which of the following is (are) a precaution(s)
(A) Make sure all electrical cords are in the proper condition
(B) Light matches before turning on gas when lighting equipment
(C) Keep hot fats and grease from splattering
(D) All of the above
42. The back is the part of the body most affected by strains
(A) True
(B) False
43. Which of the following is not a potentially dangerous item found in a food service operation?
(A) Bleach
(B) Oven cleaner
(C) Liquid detergent
(D) Milk
44. Accidents can be prevented if we guard against which of the following bad habit(s):
(A) Carelessness
(B) Day-dreaming
(C) Rushing
(D) All of the above
45. Each food service kitchen should have chemical data sheets for potentially dangerous substances.
(A) True
(B) False

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Mark with an (X) on the answer sheet the LETTER of the answer which best completes/answers the following statement. DO NOT WRITE ON THIS SHEET.

D. Food Preparation and Merchandising

46. To bake is
(A) To cook with water by direct or radiant heat
(B) To cook by dry heat
(C) To cook in a covered pan
47. To deep fry is
(A) To cook in a shallow pan
(B) To cook in deep fat
(C) The fastest way to cook
48. Good Merchandising can:
(A) Not make up for bad food preparation
(B) Make bad food taste good
(C) Make up for a bad menu
49. Some important elements of merchandising are:
(A) Color and texture
(B) Always providing condiments
(C) Menu planning
50. The best merchandising tool you have is:
(A) The equipment in your kitchen
(B) A smile and a pleasant attitude
(C) The menu
51. Condiments are
(A) Food seasonings
(B) Bacon
(C) Condensed food
52. Attitude toward co-workers has no effect on the success of food service
(A) True
(B) False

The following questions pertain to the Spaghetti and Meat Sauce recipe #D-35

53. How many servings will this recipe yield?
(A) 50 or 100
(B) 200-250
(C) 200

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54. How many pounds of spaghetti will be used for 200 servings?
(A) 6 lb. And 2 oz.
(B) 12 lb. And 4 oz.
(C) 13 lb.
55. How many pounds of raw ground beef will be used for 100 servings?
(A) 17 lb. And 4 oz.
(B) 4 lb. And 12 oz.
56. How many pounds of fresh mature onions will be purchased for 100 servings?
(A) 3 lb.
(B) 3 lb. And 6 oz.
57. How many pounds of chopped fresh onions will be used for 100 servings:
(A) 6 lb.
(B) 3 lb.
58. How many number 10 cans of canned tomato paste need to be used for 100 servings?
(A) $\frac{1}{4}$ no. 10 can
(B) 2 no.20 cans
(C) $\frac{1}{2}$ no. 10 can
59. How much garlic powder will be used for 100 servings?
(A) 3 Tbsp
(B) 2 Tbsp
60. Food running together or spilling over on a plate edge can spoil merchandising efforts.
(A) True
(B) False

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E. Equipment Identification and Uses

61. When using a garbage disposal, the ground waste is forced through the unit with
 - (A) More food
 - (B) Milk
 - (C) A gloved hand
 - (D) Running water
62. The advantage(s) of cooking in a steam-jacketed kettle is (are)
 - (A) Elimination of heavy stock pots
 - (B) It is easy to clean
 - (C) It heats up quickly
 - (D) All of the above
63. You should always unplug a slicer before you start to clean it.
 - (A) True
 - (B) False
64. The blades from slicers and choppers should be kept sharpened according to the manufacturer's instructions.
 - (A) True
 - (B) False
65. It is not necessary to stop the mixer before scraping down the sides of the bowl.
 - (A) True
 - (B) False
66. A good knife should not be used for
 - (A) Cutting lean meat
 - (B) Cutting cake
 - (C) Cutting strings, rope, or tape off boxes
 - (D) Cutting raw fruit
67. When using knives, you should be careful that blades do not strike against each other or other tools.
 - (A) True
 - (B) False
68. A chef's knife is used for chopping food on a cutting board.
 - (A) True
 - (B) False

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69. When using any piece of equipment for the first time, you should:
- (A) Use it if it looks like what you use at home
 - (B) Turn on the switch to see if it is plugged in
 - (C) Make certain the bowl/bin is not too full so it won't splash
 - (D) Ask for directions before using all equipment you have not been trained/certified to use.
70. When using a floor-stand mixer, for best results, the mixer bowl should be filled
- (A) $\frac{1}{2}$ to $\frac{2}{3}$ of capacity
 - (B) $\frac{1}{4}$ to $\frac{1}{2}$ of capacity
 - (C) $\frac{2}{3}$ to full capacity
 - (D) Always full capacity
71. Always use a rubber or flexible scraper or long handled spoon to scrape down a mixer bowl and remove food from the beater.
- (A) True
 - (B) False
72. All food slicers are alike and operating instructions are the same for all of them.
- (A) True
 - (B) False
73. Two kinds of steam-jacketed kettles are tilting and non-tilting.
- (A) True
 - (B) False
74. When cleaning a steam-jacketed kettle
- (A) Make sure the valve is off
 - (B) Make sure the kettle is cool
 - (C) Scrub briskly with a brush
 - (D) All of the above
75. Feed food into a garbage disposal in a steady, continuous manner to get the most efficient operation.
- (A) True
 - (B) False

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F. Efficient Use of Resources

76. A job description is a list of tasks, which are expected of a particular employee.
(A) True
(B) False
77. Which of the following would not be found on a work schedule?
(A) The time when a person is expected to be ready for work
(B) The food item which an employee would be expected to prepare
(C) Which employee should mop the kitchen floor
(D) What clothes each worker should wear on the serving line
78. You should only check the work schedule at the end of the day to be sure you did everything each day.
(A) True
(B) False
79. Choose the one item, which describes what you do first when you are ready to start work each day.
(A) Ask a co-worker what you are supposed to do that morning
(B) Check the work schedule for that day's assignment
(C) Check the refrigerator to see what is on the menu that day
(D) Discuss the disagreement you had with your son last night.
80. Which item does NOT describe the way you should organize each job?
(A) Check the work schedule to see what your job is to be that day
(B) If a food item is to be prepared, find the recipe
(C) Go to the dry storage area and get the dry ingredients and take as many as you can carry in your arms back to the closest table
(D) Check the preparation area to see that all equipment needed is available
81. Which of the following is a measure by weight?
(A) 1 cup of sugar
(B) 2 quarts of water
(C) 9 pounds of ground beef
(D) 4 tablespoons of baking powder
82. Work simplification is
(A) Doing your job as quickly as possible without considering the end results
(B) Sitting down to do most jobs
(C) The process of eliminating non-essential work
(D) Making the job more expensive to do

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83. Management is
- (A) The manager doing the main work load
 - (B) A system of using resources to achieve goals
 - (C) Letting each person decide on the job she would like to do
 - (D) Having the most modern equipment
84. 16 Tablespoons equals
- (A) $\frac{1}{4}$ cup
 - (B) $\frac{1}{8}$ cup
 - (C) $\frac{1}{2}$ cup
 - (D) 1 cup
85. 1 pound equals
- (A) 16 ounces
 - (B) 12 ounces
 - (C) 14 ounces
 - (D) 8 ounces
86. 4 quarts equals
- (A) 2 pints
 - (B) 1 gallon
 - (C) 56 cups
 - (D) 1 pound
87. A work schedule is an outline of work to be performed with time requirements and procedures to be followed.
- (A) True
 - (B) False
88. A good food service employee should be friendly, confident and have a good sense of humor.
- (A) True
 - (B) False
89. Of the following characteristics, which one would cause problems in the kitchen?
- (A) Willingness to work
 - (B) Willingness to learn new things
 - (C) Assertiveness
 - (D) Gossip
90. A spoon full of dry ingredients is measure by filling to overflowing.
- (A) True
 - (B) False

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G. Nutrition Education

91. Amounts of fiber should be increased in school meals and in the diets of all Americans as recommended by the Dietary Guidelines for Americans.
(A) True
(B) False
92. It is possible to obtain all the nutrients needed for good health by eating a variety of foods in moderate amounts.
(A) True
(B) False
93. Schools should never offer whole grain products because children won't eat them.
(A) True
(B) False
94. The Dietary Guidelines for Americans recommended reduction of sodium, sugar and fat from our diets.
(A) True
(B) False
95. Broccoli can lose nutrients by being stored in water.
(A) True
(B) False
96. School food service personnel and teachers can assist students in making healthfu8l food choices.
(A) True
(B) False
97. In batch cooking, all food needed for a meal is prepared at one time.
(A) True
(B) False
98. Canned vegetables should always have salt added during preparation.
(A) True
(B) False
99. Nutritional quality of a school meal is determined by the menu, preparation and service techniques.
(A) True
(B) False

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100. Both children and teenagers need the same types of foods in differing amounts.
(A) True
(B) False
101. Butter is classified as a saturated fat.
(A) True
(B) False
102. Deep-fat fried foods should be served on a limited basis in school meals.
(A) True
(B) False
103. Nutrient level and product quality for fresh fruits and vegetables can be protected by proper storage.
(A) True
(B) False
104. Baked potatoes and French fries have the same nutrient value.
(A) True
(B) False
105. Child Nutrition programs must be viewed strictly as student feeding programs.
(A) True
(B) False

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